

Happy last day of classes! Wishing you good luck with all your finals!

[#60 podcast](#): Regan Larson Gustavus Adolphus College Class of 2022 joined us as our guest. She is currently at one of the top Physician Associate (physician assistant) schools in the nation, the University of Iowa. In this 60th episode she shares her story and her path to PA school. She talks through making the decision between MD and PA and how her time at Gustavus prepared her for the rigors of PA school. Listen [HERE](#).

Happy Holidays! We included something fun for the holidays. The below Grinch punch recipe is the perfect drink to put you in the Holiday spirit and will be a good conversation starter!

Heather & Heidi

Ingredients Needed to Make Grinch Punch (photo at bottom)

- [Lemon-Lime Kool-Aid Packets](#) – this ingredient may be hard to find in-stores so I linked to them on Amazon. If you can't find these packets, you can also use the [Kool-Aid Green Apple Flavor](#) (although it will alter the taste a little). You can also use the premade [Green Hawaiian Punch](#) too.
- [Sugar](#)
- [Pineapple Juice](#) – This gives it an overall sweet, tropical flavor and helps get the color more of the Grinch green. You can skip this ingredient if preferred.
- Frozen Lemonade Concentrate, thawed.
- [Sprite](#) – Any lemon-lime soda will work. You can also use ginger ale.
- Ice
- [Red Sanding Sugar for Glass Trim](#) – Optional but gives a fun look to the glasses.

How to Make Grinch Punch

STEP 1: First, start by pouring 2 quarts of water in a 1 gallon pitcher (you can also use a large punch bowl).

STEP 2: Add the Kool-aid mix and sugar and stir until the sugar is dissolved.

STEP 3: Add the pineapple juice and lemonade concentrate and stir well. You'll notice it turns that nice pretty Grinch Green color!

STEP 4: To top the rim of the glass, dip the top of the glass in water then dip into the red sugar crystals. Just before serving, add the Sprite and ice and serve and enjoy!

Ingredients

- 2 packets Unsweetened Lemon-Lime Kool-Aid (.13 oz)
- 2 Cups Sugar
- 1 Can Pineapple Juice (12 oz. can)
- 1 Can Frozen Lemonade Concentrate, thawed (12 oz. can)
- 1/2 liter of Sprite
- Ice
- Red Sanding Sugar for Glass Trim

Instructions

1. Pour 2 quarts of water in a 1 gallon pitcher.
2. Add the Kool-aid mix and sugar and stir until the sugar is dissolved.
3. Add the pineapple juice and lemonade and stir well.
4. To top the rim of a glass, dip the top in water then dip into the sanding sugar.
5. Just before serving, add the Sprite and ice to the pitcher.
6. Carefully pour the Grinch punch into the glasses dipped in the red sanding sugar.
7. Serve and Enjoy!

Fellowship is now Accepting Applications!

The Cleveland Clinic Foundations Clinical Post-baccalaureate program is accepting applications for the 2024-2025 Cohort through April 30th! In partnership with Stanford University, the MOST Fellowship is a 12 month program designed to provide exceptional clinical experience and professional development to students while strengthening their applications to Medical school, PA school, and other health care programs.

Students in our program act as a Medical Scribe in clinic with a Physician Mentor. The most recent MOST Fellowship cohort had an 88% acceptance rate into medical school. Students complete 24 hours per week of scribing and medical observation with their assigned clinical preceptor in clinic. Other optional experiences included in the MOST fellowship are:

1. Shadowing in other medical specialties
2. Conducting research in any specialty of interest
3. Multiple group volunteering projects throughout the year
4. MCAT tutoring
5. Experiences in state-of-the-art simulation lab workshops
6. In person and virtual clinical workshops
7. Access to Cleveland Clinic Residency Grand Rounds
8. Medical school site visits and interview prep
9. Ability for paid part time opportunities within the Cleveland Clinic
10. Letters of recommendation
11. Application Support

12. End of the year Stanford University-Cleveland Clinic Research Symposium

To learn more, visit the MOST Fellowships website here: [MOST Fellowship Website](#), or Email MOSTFellowship@ccf.org.

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Paid Summer Research Programs -- deadlines are fast approaching!

PathwaysToScience.org has a searchable database of **700+ summer research programs** in all STEM disciplines. These are all FULLY FUNDED opportunities including programs sponsored by NSF, NASA, NIH, etc.

<https://pathwaystoscience.org/Undergrads.aspx>

Touring Week Quest Opportunities

Gustavus Women in Leadership (GWIL) and the Center for Career Development are offering an ***all-expenses paid trip*** to the Cities to visit four incredible businesses during touring week! Participants may sign up for either day or both!

Day 1: Tuesday, January 30th: Visiting the Minnesota Wild and United Healthcare

The bus will leave from Three Flags around 8 am. (Everyone is welcome to drive themselves as well, but riding the bus is highly recommended. Parking information will be provided for those who drive themselves.)

The first stop will be at the Minnesota Wild. The visit will consist of a tour of the facilities, an employee panel, and a Q&A session.

Lunch will be provided in between sessions.

The second stop will be at United Healthcare. The visit will consist of a tour of the facilities, an employee panel, and a Q&A session. The bus will be back to Three Flags around 3:15pm.

Day 2: Thursday, February 1st: Visiting TRIA and RBC (Royal Bank of Canada)

The bus will leave from Three Flags around 8 am. (Everyone is welcome to drive themselves as well, but riding the bus is highly recommended. Parking information will be provided for those who drive themselves.)

The first stop will be at TRIA. The visit will consist of a tour of the facilities, an employee panel, and a Q&A session.

Lunch will be provided in between sessions. Our

The second stop will be at RBC (Royal Bank of Canada). The visit will consist of a tour of the facilities, an employee panel, and a Q&A session. The bus will be back to Three Flags around 3:15pm.

Please email morgankrakowski@gustavus.edu, pollykritzeck@gustavus.edu, or hselzlerbahr@gustavus.edu with any questions.

Register to attend: [Sign-up Google Doc](#)

Business professional attire is required: You are representing yourself and Gustavus! We will provide additional details for students once registered.

Gusties Will Shine
Featured Gustavus Veterinary Medicine Student
[George Hansen '23](#)
Enrolled Fall 2023 Cornell University



